



Fresh Foods.  
Whole Lives.

## Dinner Buffets

*one salad, one main entrée, one vegetarian, two sides and a vegetable*  
\$16.95 per person

*one salad, two main entrees, one vegetarian, three sides and a vegetable*  
\$19.95 per person

*18% service fee applied as well as 8.75% NYS sales tax*

## Salads

*(choose one)*

**Mesculin Mix Salad:** Fennel, Red Peppers, Olives and New York White Cheddar.

**Chopped Salad:** Iceburg, Black Olives, Tomato and Cucumber

**Caesar Salad:** Classic

**Mixed Green Salad:** Carrot, Scallion, Red Pepper, Oranges with Ginger Soy Dressing

## Main Entrees

*(choose one or two)*

### Chicken

**Asian:** Boneless Breast with Sweet Ginger Soy Sauce

**Mediterranean:** Spinach, Feta and Sun-Dried Tomato

**Francaise:** Lemon White Wine Sauce

**Roasted Chicken:** Bone-in Oven Roasted with Herbs

### Beef

**Roasted Pork Loin:** Tomato Olive Tapenade Sauce

**Smoked Pork Loin:** Caramelized Apple & Onion Jam

**London Broil:** Rosemary Demi-Glace

**London Broil:** Au Poivre

**Baked Ham:** Honey-Orange Glaze

**Beef Cutletta:** Lightly Breaded with Tomato & Basil

**Sausage and Peppers:** Local Sausage and Sweet Peppers

**Meatballs:** Marinara

**Roast Turkey:** Oven Roasted, Hand Carved, Pan Gravy

**Sliced Roast Beef:** Sweet and Spicy, Scallions,  
Ginger and Garlic

### Seafood

**Salmon:** Sweet Ginger and Soy Sauce

**Salmon:** Spinach and Roasted Red Pepper Cream

**Salmon:** Lemon and Spinach

**Salmon:** Picatta- Classic with Lemon,  
White Wine and Capers

**Broiled Sole Gratin:** Seasoned Bread Crumbs,  
Lemon – Butter Jus

### Vegetarian

**Spinach Pie:** Layered Feta, Scallions,  
Mozzarella in Phyllo

**Mixed Beans:** Selected beans and vegetables  
and fresh herbs simmer till tender

**Chick Pea Casserole:** Tomato, Peppers and Garlic  
with Pasta and Cheese

## Sides

*(choose two or three)*

Rice Blend: *Toasted Orzo, Peas,*

*Whole Grains and Vegetables*

Ginger Coconut Rice

Yellow Rice and Black Beans

Penne Marinara

Bow Tie Pasta with Spinach

Roasted Red Potatoes

Whipped Potatoes

## Vegetables

*(choose one)*

Steamed Broccoli

Curried Cauliflower

Stir Fried Vegetables

## Desserts

*(Included with all dinners!)*

Chocolate Truffles

Cheesecake

Chocolate Mousse

Milk and Cookies

Bananas Foster Crepe

*(diabetic desserts accommodated)*

*Leaf, Loaf & Ladle is a program of the Resource Center for Independent Living*